

**WHAT IS CLAIMED IS:**

1. A tampon and a tampon applicator in combination for expulsion of said tampon into a vaginal cavity of a female user, comprising:
  1. said tampon applicator comprising a tampon holder tube and a plunger;
  2. said tampon holder tube comprising a hollow interior portion, an interior surface, an exterior surface, a longitudinal axis, an outer perimeter, a first end dimensioned for insertion into said vaginal cavity, a second end positioned oppositely to said first end, an end expulsion force increaser positioned at said first end of said tampon holder tube, comprising at least one side expulsion member positioned at said first end of said tampon holder tube,
  3. said tampon comprising a fluid permeable bag and absorbent material loosely dispersed within said permeable bag, said tampon being housed within said hollow interior portion of said tampon holder tube in a pre-expelled position; and
  4. said plunger being slidably mounted in said hollow interior portion of said tampon holder tube, said plunger being adapted to expel said tampon through said end expulsion force increaser.
2. The tampon and tampon applicator of Claim 1 wherein said side expulsion member has an initial dimension and a deployed width, said initial dimension changes to said deployed width as said plunger expels said tampon from said tampon holder tube.
3. The tampon and tampon applicator of Claim 1 wherein said tampon holder tube comprises a plurality of side expulsion zones.
4. The tampon and tampon applicator of Claim 1 wherein said end expulsion force increaser causes said tampon to expand beyond said outer perimeter of said tampon applicator along at least one of said side expulsion members.
5. The tampon and tampon applicator of Claim 1 wherein said tampon when partially expelled from said tampon holder tube is wider than said tampon holder tube.

6. The tampon and tampon applicator of Claim 1 wherein said side expulsion zone has a slot, arc, or curved configuration.
7. The tampon and tampon applicator of Claim 6 wherein said side expulsion zone is a void.
8. The tampon and tampon applicator of Claim 6 wherein said side expulsion zone is a weakened area.
9. The tampon and tampon applicator of Claim 1 wherein said tampon is compressed to a shorter length by said plunger before being expelled through said end expulsion force increaser.
10. The tampon and tampon applicator of Claim 1 wherein said end expulsion force increaser further comprises a projection.
11. A tampon and a tampon applicator in combination for expulsion of said tampon into a vaginal cavity of a female user, comprising:
  - said tampon applicator comprising a tampon holder tube;
  - said tampon holder tube comprising a hollow interior portion, an interior surface, an exterior surface, a longitudinal axis, an outer perimeter, a first end dimensioned for insertion into said vaginal cavity, and a second end positioned oppositely to said first end;
  - said tampon holder tube comprising an end expulsion force increaser and a side expulsion member each positioned at said first end of said tampon holder tube,
  - said tampon being housed within said hollow interior portion of said tampon holder tube in a pre-expelled position; and
  - said tampon comprising a fluid permeable bag tampon and absorbent material loosely dispersed within said fluid permeable bag tampon.
12. The tampon and tampon applicator of Claim 11 wherein said tampon in said pre-expelled position is in a first axis and said tampon in said expelled position is in a second axis.

13. The tampon and tampon applicator of Claim 11 wherein said tampon is reoriented during expulsion into a direction non-parallel to said first axis of said tampon in said tampon's pre-expelled position.
14. A tampon and a tampon applicator in combination for expulsion of said tampon into a vaginal cavity of a female user, comprising:

said tampon applicator comprising a tampon holder tube;

said tampon holder tube comprising a hollow interior portion, an interior surface, an exterior surface, a longitudinal axis, an outer perimeter, a first end dimensioned for insertion into said vaginal cavity, and a second end positioned oppositely to said first end;

said tampon holder tube comprising an end expulsion force increaser and a side expulsion member each positioned at said first end of said tampon holder tube, said tampon being housed within said hollow interior portion of said tampon holder tube in a pre-expelled position;

said tampon comprising a fluid permeable bag tampon and absorbent material loosely dispersed within said permeable bag; and

wherein a force to expel said tampon from said tampon holder tube has a greater force to expel said tampon from said end expulsion force increaser than from said side expulsion member.